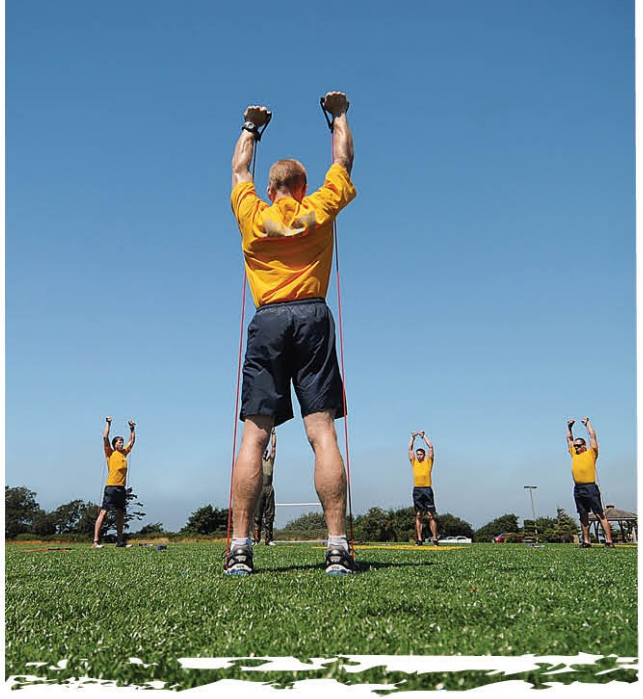

ShipShape Program Information Brief

HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION/PAGES/SHIPSHAPE.ASPX

Objectives

- **Provide background on the ShipShape Program**
- **Address ShipShape Program Facilitator requirements**
- **Discuss the ShipShape Program structure**
- **Propose ShipShape Program implementation at the command**

What is the ShipShape Program?

- **The ShipShape Program is the official Navy weight management program that assists Active Duty and Reserve military service members, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight.**

- **The program consists of eight sessions that focus on three important components for weight loss: mindset, nutrition, and physical activity.**

- **The ShipShape Program is administered at various local commands by certified managed by the Navy and Marine Corps Public Health Center (NMCPHC), as**

Goal: ***Equip participants with the skills and resources necessary to jumpstart a healthier lifestyle.***

Why choose the ShipShape Program?

- **The ShipShape Program was developed based on research, industry best practices, and analysis of current trends in fitness, weight loss, nutrition, and stress management.**
- **The program is led by certified facilitators who work with the participants to help design individualized action plans.**
- **The program provides six months of follow-up support.**
- **Program completion does not require any out-of-pocket costs by the participants.**

ShipShape Program Facilitator Requirements

- **Adhere to the program methodology and curriculum provided by NMCPHC and present all aspects of the core content.**
- **Project the number of 8-session classes required to meet the demand of the population served with a minimum of two classes per year.**
  - **Usually aligned with Physical Fitness Assessment (PFA) cycles.**
- **Prepare a participant roster and reporting form, and provide results to NMCPHC upon completion of six month follow-up period.**
- **Coordinate with participant's command fitness leader (CFL), if applicable, to obtain**

Note: Guidance per BUMEDINST 6110.16

Program Structure

- **Session 0: Orientation**
- **Session 1: Steps to Success**
- **Session 2: Fueling Your Body and Brain**
- **Session 3: Weight Loss Tracking and Trends**
- **Session 4: Power Up! Physical Activity**
- **Session 5: Psychology of Weight Loss**
- **Session 6: Creating Supportive Environments**
- **Session 7: Stress Management and Relaxation**
- **Session 8: Preparing for the Future**

One-on-one contact

Group meetings (up to 15 participants) with a certified facilitator providing the material

One-on-one or group contact

Program sessions usually run 1 hour per week for 8 weeks, however modifications can be made based off of command and/or participant requirements with NMCPHC concurrence.

ShipShape Program Implementation

- **<Input command specific information to develop your plan for implementing the ShipShape Program at your command>**
- **Items to consider:**
  - Plan to complete facilitator training. Visit NMCPHC HPW Training website for training schedule.
  - Coordinate with CFL to determine the number of body composition assessment (BCA) failures to assess the demand at your location.
  - Develop a comprehensive schedule for administering the ShipShape Program while addressing the command's operational requirements.
    - Dates/times
    - Location
  - Address any costs or logistics associated with printing program materials.

Questions?